



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early May 2021

Courgette, Chard and Coconut Soup

Perfect for a chilly day when it should be feeling like Spring! This went down a treat in my house, spring vegetables and creamy coconut make a great combination. My partner swears it tastes even better the next day, so why not make a big pot? If you have any frozen peas then they would be a good addition too, add them at the same time as the chard.



Ingredients

- 1 onion
- 2 sticks celery
- 3 cloves garlic
- 4-5 courgettes
- 300g chard (or larger leaf spinach)
- 500ml vegetable stock
- 1 tin coconut milk (400ml)
- Juice and zest of 1 lime
- Small bunch of parsley or coriander (optional)
- Olive oil, salt and pepper

You will need a large pot, a chopping board and knife and a stick blender.

Makes 4-6 bowls

Method

1. Roughly chop the onion, celery, courgettes and garlic.
2. Heat a splash of olive oil in the pot and when hot add the chopped vegetables. Cook on a medium heat, partially covered for about 5 minutes until the courgettes and onions are softening.
3. Add the coconut milk and vegetable stock and bring to a simmer for another 5 minutes.
4. Add the washed chard leaves and cook until wilted.
5. Add the lime juice and zest and the chopped herbs if using and then turn off the heat.
6. Blend until very smooth using the stick blender. Season with salt and pepper and more lime juice if you like.